

Kingston Hospital NHS Foundation Trust

Kingston & Roehampton GP Training Programme

Galsworthy Road
Kingston Upon Thames
Surrey
KT2 7QB

Half Day Release: Wednesday
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Description of Scheme

The Kingston & Roehampton GP Training Programme is a long-established and popular scheme set in the leafy suburbs of South West London. It has a reputation for providing an excellent and balanced education, for innovation in education, for delivering strong pastoral support, and for fun.

South West London's population covers every demographic, and GP Registrars training here can expect to gain wide experience in delivering the health needs of a very varied population.

Our patch includes the large, open green spaces of Richmond Park, Bushy Park and Kew Gardens.

The Thames flows along our northern borders and offers scenic riverside walks as well as the opportunity for water sports.

There are excellent and fast public transport links into central London. Road links into London and out to the South and South West are also excellent. Heathrow and Gatwick are also easily accessible.

The Kingston & Roehampton GP Vocational Training Programme (still locally called 'the VTS') is centred around Kingston Hospital, though several other local hospitals also form parts of the attachments.

Approximately 15 registrars start the scheme each year. With transfers, the whole VTS generally numbers around 60 trainees in total.

The weekly half-day release course runs on Wednesday afternoons in the Education Centre on the Kingston Hospital site. The course is attended by GP Registrars at every stage of training.

There are three Programme Directors who are responsible for the scheme: Dr Marek Jezierski, Dr Darren Tymens and Dr Chris Watts.

Teaching and training takes place within the hospitals, in the practices, in the trainer groups and in the training programme: we aim to work together in an integrated way to deliver a high-quality individualised learning experience.

We are home to two dynamic and forward-thinking trainer groups each of which runs a weekly Trainer-Registrar tutorial for GP Registrars currently in General Practice.

Trainers provide constant support and work closely with the trainees during their three years of training.

We aspire to make every post as relevant as possible to general practice; our rotations are designed to offer a balanced training experience to every trainee.

The hospital posts form well balanced rotations of specialties relevant to general practice. These include A&E, Paediatrics, Psychiatry, Genito-urinary Medicine, General Medicine plus Geriatrics/Cardiology/Respiratory/Stroke, Diabetes, Obstetrics & Gynaecology, Dermatology, Ambulatory Care, Palliative Care, Medical Education and Public Health.

Location

Education Centre, Kingston Hospital NHS Foundation Trust, Galsworthy Road, Kingston upon Thames, Surrey KT2 7QB

Training Practices

Training practices are based in Kingston, Ham, Richmond, Sheen, Barnes, Putney, Roehampton, Surbiton, Chessington, New Malden and Hinchley Wood.

Rotations/Posts

The Kingston & Roehampton GP training programme (VTS) offers three-year programmes constructed from the following posts together with placements in GP training practices:

- A & E
- General Medicine & Cardiology
- General Medicine & Geriatrics
- General Medicine & Respiratory
- General Medicine & Stroke)
- Genito-urinary Medicine
- Obstetrics & Gynaecology
- Paediatrics
- Psychiatry
- Public health
- Dermatology
- Ambulatory Care
- Diabetes/GUM (ITP)
- Education (ITP)
- Obstetrics & Gynaecology (ITP)
- Paediatrics (ITP)
- Palliative Care (ITP)

Educational Activities

The course runs over three terms of approximately 10 weeks each, with breaks for half terms and major holidays.

The course is based around half days – usually Wednesday afternoons – and is held in the large purpose-built education centre at Kingston Hospital.

Each session starts with lunch from 12.30pm, and an opportunity to catchup with friends and colleagues.

We generally have a main speaker between 1.30pm and 3pm, followed by a break for tea/coffee/biscuits. There are then Registrar presentations followed by small groups (which choose how they operate, either as informal Balint-type groups or as self-directed learning groups).

Each term we aim to cover those learning needs and aspects of the curriculum that are not easily dealt with in other training settings. Trainees are actively encouraged to contribute to the planning and content of the teaching programme.

Alongside goal-orientated sessions (such as the session we run on preparing for the CSA exam, delivered each year by an experienced examiner), wider issues within general practice and the NHS are also included - such as professionalism, life after training and transition into independent general practice.

We generally end each term with some form of fun large group activity. Our Xmas quizzes are (apparently) a highlight of the year.

In order to benefit fully from all that the course offers registrars are expected to attend all course sessions.

Highlights

This is an innovative and interactive course - it is important to us that you enjoy the process and feel involved. The course programmes are partly constructed by the Registrars themselves and partly by the Programme Directors, so that individual needs are catered for whilst covering any areas not dealt with in other ways. A mix of outside speakers and self-resourced sessions is the norm and small group work is an important part of the mix. Outside visits also take place, for example to the Princess Alice Hospice.

Your health and success is important to us, and we do our best to provide a supportive environment in which you can grow and thrive. We know the challenges you face and the stresses you endure. Our most excellent administrator, Deborah, is very accessible and can solve most problems, and the Programme Directors are here to help when she cannot.

Twice a year the VTS decamps for a short stay at Cumberland Lodge in Windsor Great Park. These two-day residential courses usually take place in February and September. Traditionally, they are an opportunity for the new intake to meet the old as well as a chance for more in-depth educational activities, accompanied by fantastic food and walks in the beautiful Great Park.

These training years can be a real challenge and we recognise that it is important to be with others sharing the experience. We also understand that you learn better

when you know each other better (or, in educational-speak, you self-actualise better in a safe learning environment), so the course mixes in a certain amount of social activity each term with dinners and away-days.

The half-day release course is an important source of mutual support as well as an opportunity to expand your knowledge and professional development in a dynamic and stimulating environment.

Contacts

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